

Trauma Recovery Plan: When going through trauma or adversity:	
Who are the people I am going to reach out to? Family Friends Therapist Peer Support	
What am I going to do? Workout Read Meditate Sleep Hobby	
Where can I go? Home Church Favorite Vacation Spot Gym Friend's House	
What am I going to eat and drink? Water Salad Vegetables Fruit Wholesome foods Moderate amounts of comfort food	